

The 5% Update Form

	Feelings	Event	Significance
	Use at least 4 words: encompassing positive and negative feelings	Bullet Point - Most Important Thing	Why does this matter to ME. What's the relevance to my hopes, dreams, fears, vulnerabilities, identity, deeply held values? Why is it 5%?
Personal Best			
Personal Worst			
Family Best			
Family Worst			
Business Best			
Business Worst			

An unresolved and meaningful challenge or opportunity I'd like to present on is:

On a scale of 1 to 10, my degree of urgency to present on this topic is:

1 2 3 4 5 6 7 8 9 10

Great Updates = Great Presentations = High Value Forum = Opportunity for Personal Transformation. No shortcuts.

917.770.3353

Alana Winter

alana@stilettopyschool.com